UNIT 5 TOPIC 1 ZERO TOLERANCE-DRUG ABUSE

LEARNING OBJECTIVES:

- 5.1.1 Explain the Navy's policy on drug abuse and prevention.
- 5.1.2 Explain the Navy's smoking cessation program.
- 5.1.3 Explain the health hazards of drug abuse and tobacco use.
- 5.1.4 Define how core values support the Navy's drug abuse and smoking cessation programs.

REFERENCES:

- 1. OPNAVINST5350.4C
- 2. http://navdweb.spawar.navy.mil/
- 3. http://www.health.org/aboutn.htm
- 4. http://www.lifelines4qol.org
- 5. http://www.vnh.org
- 6. SECNAVINST 5100.13B
- 7. http://www.chinfo.navy.mil/navpalib/people/drugs/drug0821.html

SLIDES:

- 5-1-1 Zero Tolerance
- 5-1-2 Why Care?
- 5-1-3 Navy Position
- 5-1-4 Who's Responsible
- 5-1-5 What's Happenin?
- 5-1-6 Effects on Health
- 5-1-7 Just say know ... then no
- 5-1-8 Effects on Safety
- 5-1-9 Effects on Life
- 5-1-10 Effects Summary
- 5-1-11 Navy's Policy on Drug Abuse
- 5-1-12 Is It Worth It?

- 5-1-13 Navy's Tobacco Cessation Program
- 5-1-14 The Good News
- 5-1-15 Core Values
- 5-1-16 Summary

CASE STUDIES:

None

VIDEO TAPES:

None

NOTES TO THE FACILITATOR:

The main points of this topic are:

- Defining the Navy's policy Drug Abuse including the Tobacco Cessation Program
- Highlighting the Navy's commitment to 'raising the bar' in the awareness of the risk of drug abuse and the use of tobacco with the goal of eliminating drug abuse and use of tobacco.
- Emphasizing that officers, chief petty officers, and petty officers have leadership responsibilities in this fight against drug abuse.
- Reminding individuals that they must be accountable and take responsibilities for their actions.
- Identifying the negative effects of drugs and tobacco use.
- Underlining the importance of knowing the policies, programs, and resources in support of eradicating drug abuse.
- Focusing the Navy's Core Values as key lifestyle elements in the fight against drug abuse.

I. INTRODUCTION

A. Drug abuse

- ➤ Drug abuse is the use or possession of controlled substances, or illegal drugs, or the nonmedical or improper use of other drugs (e.g., prescription, over-the-counter, designer, etc.) which are packaged or prescribed with a recommended safe dosage.
- ➤ Is a severe detriment to combat readiness in terms of performance, reliability, judgment, and time lost.
- ➤ Is incompatible with the maintenance of high standards of performance, military discipline and readiness

INSTRUCTOR FACILITATION KEY

- ➤ Is destructive of Navy efforts to instill pride, promote professionalism, and enhance personal excellence.
- ➤ Is unhealthy and creates hardships on your family and friends.

SHOW SLIDE 5-1-1 DRUG ABUSE

SHOW SLIDE 5-1-2 WHY CARE?

FACILITATOR KEY: To introduce topic, blend the thoughts presented here in the introduction with some of you own.

✓ *Emphasize* the negative effect that drug abuse has on both your professional and personal lifestyle and the long term effects it can have.

B. Navy policy

> On drug abuse is "zero tolerance"

C. The Navy's Tobacco Cessation Program

- ➤ Is designed to create a 'tobacco free' Navy with healthier people by;
 - Helping smokers to quit smoking
 - Educating non-smokers to never start smoking, and
 - Protecting members and their families from involuntary exposure to environmental tobacco smoke.

D. Positive Leadership

Officers, chief petty officers, and enlisted supervisory personnel are responsible for:

- Exercising positive leadership
- Demonstrating full support for the Navy's drug and tobacco cessation programs.

INSTRUCTOR FACILITATION KEY

SHOW SLIDE 5-1-3 NAVY POSITION

The policies will be discussed in detail later; the point here is to make sure that the students remember this 'one liner' policy statement.

A great learning tool is to have the group <u>say it aloud-</u> "zero tolerance"

The program will be discussed in greater detail later, the point here is to make sure that the students remember that

- the goal is a 'tobacco free' Navy with individual health the primary concern.

The other key point to make - the involuntary exposure to environmental tobacco smoke.

SHOW SLIDE 5-1-4 WHO'S RESPONSIBLE?

DISCUSSION QUESTIONS:

- ✓ Why are we responsible for other people's problems?
- ✓ How can I best help my shipmate who has a problem with drugs?
- ✓ What does personal accountability mean?

PROVIDE ANSWERS AFTER STUDENT RESPONSE (S)

E. Self responsibility

Individuals are responsible for:

Their personal decisions relating to drug use and are fully accountable for any substandard performance or illegal acts resulting from such use.

II. BACKGROUND

- A. The U.S. has 6% of the world's population but we use 80% of the world's drug supply.
- B. The U.S. on average spends over \$175 billion dollars a year on the drug war.
- C. There is an average of 1.5 million emergency room visits because of drug use a year.
- D. Most drug dealers only survive an average of 1.5-2 years before they are in jail or dead.
- E. Most drug dealers only make 2-300 hundred dollars a day.
- F. Over half of all federal prisoners are there because of drug offenses.
- G. Violent juvenile crime has risen by 118% over the last decade, much of that is due to drugs
- H. There are 2,058,250 new users of marijuana since January 1, 2000.
- I. Smoking is the major cause of heart disease.

III. EFFECTS

A. Health

Key answers are supervisors, shipmates, and friends do have a responsibility to take care of each other.

Best help is to provide assistance and show them how to get professional help

Personal accountability means being responsible for your actions and not blaming friends, family, or the dog!

SHOW SLIDE 5-1-5 WHAT'S HAPPENIN?

SHOW SLIDE 5-1-6 EFFECTS ON HEALTH

- 1. *Drugs*, (including many prescription drugs) come with potentially harmful side effects that can have serious and long-term effects on your health.
 - High doses, impure or more dangerous substitutes can cause immediate lifethreatening health problems such as heart attack, respiratory failure, and coma.
 - Combining drugs with each other or with alcohol is especially dangerous.
 - a. <u>Barbiturates and tranquilizers</u> Are commonly abused prescription drugs.
 They can cause hangover-like symptoms, nausea, seizures, and coma. Overdose or mixing these drugs with alcohol can be fatal.
 - b. <u>Cocaine</u> Can cause such long-term problems as tremors, seizures, psychosis, and heart or respiratory failure.
 - c. <u>LSD</u> Can cause nausea, rapid heart rate, depression, and disorientation. Long-term effects include paranoia and psychosis.
 - d. Marijuana and hashish Can cause rapid heart rate and memory impairment soon after use. Long-term effects include cognitive problems, infertility, weakened immune system, and possible lung damage.

FACILITATOR NOTE:

Lead short discussion about types of drugs including prescription drugs,

It might seem intuitive, but say it again while kicking *the desk* . . .drugs are wrong and they can be deadly!

SHOW SLIDE 5-1-7 JUST SAY NO ... THEN KNOW

- e. <u>Narcotics such as heroin</u> Can bring on respiratory and circulatory depression, dizziness, impotence, constipation, and withdrawal sickness. Overdoses can lead to seizures and death.
- f. <u>PCP</u> in addition to triggering unpredictable and violent behavior, can cause dizziness, numbness, high heart rate and blood pressure, convulsions, and in high amounts fatal heart and lung failure or ruptured blood vessels.
- g. <u>Stimulants such as amphetamines</u> Have health effects that include high heart rate and blood pressure, headache, blurred vision, dizziness, impotence, skin disorders, tremors, seizures, and psychosis.

- h. Methamphetamine-also known as crystal meth, crank, speed, chalk, glass, and ice, is an addictive stimulant drug that strongly activates certain systems in the brain.

 Methamphetamines have some medical uses primarily in the treatment of obesity.

 "Meth" produces such effects as increased wakefulness, increased physical activity, decreased appetite, increased respiration, irritability, insomnia, confusion, tremors, convulsions, anxiety, paranoia, and aggressiveness.
- i. <u>Ecstasy</u> is an illegal synthetic, or designer drug. It is also called MDMA, which stands for methylenediosymethamphe-tamine. The amount of MDMA needed to get "high" is close to the toxic dose. It is commonly used at "rave" party settings.
 - Acts as a stimulant to the central nervous system.
 - Can be found in a capsule, pill, or powder form of various colors.
 - Other names are wonder drug and XTC.

- Effects Include, but not limited to, detachment, loss of drives such as hunger, sleep, and sexual; muscle tension blurred vision/rapid eye movements, hypertension, increase in heart rate, fainting, and death.
- Can deplete as much as 90% of the brain's serotonin supply with 2 weeks of use. (Controls activities such as regulating aggression, thinking, sleeping, eating, sensitivity to pain, and mood.)

- j. <u>Date Rape Drugs</u>-Illegal Knockout drugs or club drugs. These drugs are also called designer drugs because they are created by changing the molecular structure of an existing drug or drugs to create a new substance. There are 3 most commonly known of these date rape drugs. They are Rohypnol, GHB, and Ketamine.
 - 1. Rohypnol, also called roofies, mexican valium, roachies, rope, and rib, is a trade name for flumitrazepam. When mixed with alcohol, Rohypnol can incapacitate a victim and prevent them from preventing sexual assault. In addition to sedative-hypnotic effects including muscle relaxation and amnesia, Rohypnol can produce physical and psychological dependence.

FACILITATOR NOTE: Teaching Point- Date Rape Drugs not only knock you out, but leave you with little or no recollection of what happened while under the influence.

- 2. GHB, also called liquid ecstasy, georgia home boy, goop, and gamma-oh, is a trade name for gamma hydroxy-butyrate. This drug has been abused in the U.S. for euphoric, sedative, and anabolic (body building) effects. In the early 80's, this drug was widely available over-the-counter in health food stores as a fat reducer and muscle builder.
- 3. Ketamine, also known as special K and vitamin K, is chemically related to PCP. Unlike the two previous date rape drugs, Ketamine is still used for medicinal purposes as a general anaesthetic. This drug is said to induce everything from feelings of pleasant weightlessness to full-fledged out-of-body or near-death experiences.

(1) Effects are:

- Drowsiness
- Slurred speech

- Loss of muscle control
- Confusion
- Visual problems
- (2) How can I avoid being a victim?
 - Use the Buddy system while partying.
 - Know yourself and your friend.
 - Never leave your drink unwatched.
 - If one of your female friends has had only a drink or two and starts acting like she has had six, get her to an emergency room.

B. Safety

- 1. Drugs interfere with messages to your brain and alter your perceptions, emotions, vision, hearing, and coordination. Drugs affect your judgment and can lead to dangerous behavior that puts you at risk for:
 - a. <u>Accidental injuries</u> In one study, more than half of drownings and fatal falls are drug related.

SHOW SLIDE 1-2-8 EFFECTS ON SAFETY

QUESTION:

Would you want someone working beside you who might be doing drugs? While on the job?

- b. <u>Sexually Transmitted Diseases (STDs)</u> including AIDS. You are more likely to ignore safety precautions such as condoms if you are under the influence drugs. HIV/AIDS can also be contracted through the sharing of needles during drug use.
- c. <u>Unwanted pregnancy</u> For the same reasons that drugs put people at greater risk for STDs, it also makes pregnancy a risk of substance abuse.
- d. <u>Sexual assault</u> When you are high, impaired judgment can stop you from being sensitive to dangerous situations and people.
 - Slowed thinking and reaction time makes you more vulnerable to being forced into sexual activity.
 - It also makes people less likely to notice when they are hurting others.

LEAD DISCUSSION:

About the dangers of drug abuse in the workplace, while driving, in a boat, or anywhere that you might hurt you or someone else.

FACILITATOR NOTE:

Relate local state restrictions.

REMIND CLASS OF CURRENT DATE RAPE DRUGS GOING AROUND.

BE CAREFUL WHEN YOU DRINK.

- e. <u>Fights</u> Barroom brawls do not just happen in movies. Not only can you get hurt, you can be arrested.
- f. UCMJ as well as the private sector law Illegal drugs can get you into legal trouble.

C. Life

- 1. Substance abuse and addiction can seriously affect your life at home, at work, and in relationships, all of which affect your health, your lifestyle, and your position as a productive member of the Navy team.
- 2. Your inability to perform at the peak of your capabilities due to drug abuse directly affects the Navy, your command, and you to properly perform their mission.
- 3. Major areas of concern include:
 - a. <u>Poor work performance</u> People with substance abuse problems miss more work days, are less productive, have more problems with their supervisors and make more mistakes—including on-the-job injuries.

For more information, you can check out the National Institute on Drug Abuse's "How Not to Get High, Get Stupid, Get AIDS: A Guide to Partying."

Remind the class that there is good information on the Internet about dealing with abuse problems.

SHOW SLIDE 5-1-9 EFFECTS ON LIFE

DISCUSSION POINT:

Drug abuse can ruin your life, your future, your dreams, and your plans.

When you are doing drugs, do you think about how those close to you might be affected, if you were involved in a major automobile accident?

DISCUSSION POINT RELATED INSTRUCTOR ACTIVITY

- b. Relationship trouble Substance abuse puts a strain on family and shipmate relationships. Problem drinkers tend to have more family problems with spouse and children. They also change social circles often and are unable to maintain long-term friendships. They alienate themselves from others to hide their excessive use.
- c. Personality changes Drastic personality changes can result from using drugs. A normally quiet person may become boisterous or obnoxious, even violent, under the influence of drugs. Marijuana been linked to" motivational syndrome" in which people lose interest in friends, and lives. Drugs such as cocaine. amphetamines, and

D. Effects Summary

- 1. There are risks associated with using drugs.
 - > Drugs impair your judgment,
 - Making you more likely to hurt yourself or others.

psychosis.

✓ Causing the possibility of poor professional performance

SHOW SLIDE 1-2-10 EFFECTS SUMMARY

has

their jobs,

LSD can cause

- ✓ Leading to potential trouble with either the UCMJ or administrative consequences,
- Creating either family and/or shipmate relationship trouble.
- Drugs also have specific long term health risks including
 - ✓ Possible damage to major organs,
 - ✓ Increasing your risk of cancers,
 - Developing major health problems causing death.

IV. NAVY'S POLICY ON DRUG ABUSE

A. Characterization (Defined)

- 1. "Zero Tolerance" Involving the wrongful use, possession, manufacture, or distribution of a controlled substance.
 - a. <u>Common controlled substances</u> Include but are not limited to cocaine, LSD, Marijuana, hashish, heroin, PCP, amphetamines, barbiturates and tranquilizers

SHOW SLIDE 5-1-11 NAVY'S POLICY ON DRUG ABUSE

Name more?

- b. <u>Other controlled substances</u> The Navy policy also specifically precludes controlled substance analogues (designer drugs, the illicit use of inhalants (huffing), the illicit use of anabolic steroids, and the excessive use of prescription or over the counter drugs
- c. <u>A 'controlled substance'</u> Any substance listed in the Controlled Substance Act of 1970.

B. Consumption

1. <u>Use</u> – encompasses all methods of

introducing a drug into your body (such as

inhaling, injecting, ingesting, etc.)

2. <u>Wrongful</u> - Use, possession, manufacture are wrongful if they are without legal justification or authorization.

C. Consequences

 Drug abuse and related disciplinary action is punishable under Article 112a, UCMJ or Failure to obey a Lawful Order, Article
 UCMJ or adverse administrative action. Schedules I through V (21 U.S.C. 812, et al.)

2. Navy members determined to be using drugs, in violation of applicable provisions of the UCMJ, Federal, State, or local statues, shall be disciplined as appropriate and processed for administrative separation as required.

The following actions can occur:

Fines

Reduction in rate

Restoration

Correctional custody

Brig time

Confinement to quarters

Separation with less than honorable conditions

D. Cure

- 1. Urinalysis
 - a. Active and aggressive program All commands are required to have a urinalysis program tailored as necessary to meet unique unit and local situations.
- 2 Screening
 - a. Navy members who abuse drugs, including those who are self-refer will be screened, disciplined as appropriate, and processed for administration separation.

3. Treatment

a. Members diagnosed, as drug dependent shall be offered treatment before separation.

4. Education

a. All Navy military personnel shall be educated about Navy drug and alcohol abuse policies, programs, resources and measures to avoid alcohol and drug abuse.

VII. NAVY'S SMOKING CESSATION PROGRAM

A. Background

- 1. If you have tried to quit smoking, you know how hard it can be. Nicotine is an addictive drug.
 - a. Within seconds of taking a puff of smoke, nicotine travels to the brain telling it to release chemicals that make you want to smoke more.
- 2. Have you ever smoked other people's cigarettes, just by being in the same room with smokers?
 - a. Environmental Tobacco Smoke (ETS) is a major source of harmful indoor air pollution containing formaldehyde, cyanide, and other toxins.

SHOW SLIDE 5-1-12 IS IT WORTH IT?

For some people, it can be as addictive as heroin or cocaine.

- 3. Tobacco use is considered the chief preventable cause of premature death and disease in the United States.
 - a. More than 400,000 deaths (19% of total deaths) annually.

B. Tobacco/Nicotine Facts

- 1. Spit tobacco is not a safe alternative to cigarettes,
 - It contains nicotine and a number of known cancer-causing agents,
 - Is highly addictive,
 - Can cause oral cancer and other serious medical conditions.
- 2. Nearly all first use of tobacco occurs before high school graduation,
- 3. Smoking is the single greatest cause of death in the United States,
- 4. 3,000 children start smoking everyday -- 1,000 of who will eventually die from smoking.
- 5. In addition to loss of life, cigarettes cost \$68 billion in health care and insurance as well as causing lost productivity.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- 6. The first metabolite of nicotine is acetaldehyde, which is also the first metabolite of alcohol.
 - Some researchers believe that there is a cross addiction between drinking alcohol and smoking.
- 7. Statistics show that there is a much higher rate of smoking among drinkers than non-drinkers.

C. Health effects

- > yellow teeth
- bad breath
- > cancer
- > emphysema
- ➤ heart attack
- > stroke
- > birth defects (in pregnant women who smoke)
- > asthma
- heart disease

D. Policy

1. It is Department of the Navy policy to reduce tobacco use and protect personnel from involuntary exposure to environmental tobacco smoke (ETS) to the greatest extent possible.

SHOW SLIDE 5-1-13, EFFECTS ON HEALTH

SHOW SLIDE 5-1-14 NAVY'S TOBACCO CESSATION PROGRAM

DISCUSSION POINT

a. Where conflicts arise between the rights of nonsmokers and the rights of smokers, the rights of nonsmokers to a smoke-free airspace shall prevail.

- 2. The objective is to establish appropriate environmental protective measures to ensure a safe, healthy, and unpolluted working and living environment.
- 3. The Department of the Navy approach is designed to improve our overall state of health and our ability to maintain a high state of military readiness.
- 4. Specifically, smoking of tobacco products is prohibited: in all Department of the Navy controlled spaces except as noted below: (designated smoking area may be authorized)
 - a. Individual Living Quarters ashore
 - b. Multiple Housing Units
 - c. Morale, Welfare and Recreation Facilities
 - d. Surface Ships and Submarines
 - e. Outdoor areas

FACILITATOR NOTES:

RELATED INSTRUCTOR ACTIVITY

For example:
Being around other smokers
Being under time pressure
Getting into an argument
Feeling sad or frustrated
Drinking alcohol

E. You Can Quit Smoking. Help Is All Around You!

- 1. Many types of health care providers can help you quit --- your family doctor, dentist, or pediatrician; nurses, psychologists, pharmacists, respiratory and physical therapists; and others.
- 2. Programs are given by health care providers who specialize in helping people stop smoking. Your regular health care provider can help you find a program.
- 3. Three Methods For Quitting
 - a. Experts say three methods work. You have the best chances of quitting if you use them together:
 - (1) Use the nicotine patch or gum
 - As recommended by your regular health provider.
 - Doubles your chances of quitting.
 - (2) Get support and encouragement
 - Counseling or a quit smoking program can help you learn how to live as a nonsmoker
 - The more counseling you have, the greater your chance of success.

- (3) Learn how to handle urges to smoke and stress
 - Be aware of things that may cause you to want to smoke.
 - Take time to do things you enjoy.
 - ✓ Exercise, such as walking, jogging, or bicycling can also help.
 - ✓ The key to handling an urge is to distract yourself from thoughts of smoking.
 - ✓ Make Change Before You Quit
 - ✓ Change your environment.
 - ✓ Begin to change habits.
 - Review your past attempts to quit. Think about what worked and what did not.
- 4. Remember: Set a quit date and stop smoking ...not even a single puff.

F. Tobacco Cessation Summary

1. Complete guidance on the program is in SECNAVINST 5100.13A and as well as your command representatives.

Get rid of cigarettes and ashtrays in your home, car, and place of work. Get rid of the smell of cigarettes in your car and home. Avoid other tobacco products, such as cigars, pipes, and chewing tobacco.

Avoid smoking in places where you spend a lot of time, such as your home or car.

VIII. THE GOOD NEWS

- A. The Navy of today is essentially drug free.

 Zero tolerance is the primary key to the success. In addition, the majority of sailors know that drug use is incompatible with the Navy's high standards of performance, military discipline, and readiness.
 - 1. In FY 1999 the Navy tested approximately, 800,000 urine samples and only .81% tested positive.
 - 2. A 1998 DOD confidential survey showed that only 3.6% of Navy members polled reported some type of use in the previous 12 months, down from 43% in 1980.
 - 3. That same study showed that the Navy is the only service with a significant decline in drug abuse since 1995.
- B. The Navy successes are attributed to:
 - 1. Aggressive education, training and outreach programs.
 - 2. Leadership support, involvement and responsibility at every level.
 - 3. Group peer pressure

IX. CORE VALUES

A. The Navy's Core Values reflect throughout the high standards of performance and readiness in the fight against drug abuse.

SHOW SLIDE 5-1-15 THE GOOD NEWS

FACILITATOR NOTE:

This does not mean that the battle is over, merely that the current procedures are working.

One drug abuser is too many!

SHOW SLIDE 5-1-16 CORE VALUES

policies

example

of

1. Honor

a. Among leadership and sailors that cause them to care enough about shipmates to ensure 'zero tolerance' of drugs and to encourage a 'tobacco free' work environment.

2. Courage

a. That causes leaders to assume responsibility for enforcing Navy and educating sailors on the pitfalls drug abuse as well as setting the for a tobacco free workspace.

b. That causes every Navy member to assume personal responsibility for his or her actions in drug abuse and supporting the tobacco cessation program.

3. Commitment

a. For all Navy members to instill pride promotes professionalism and enhance personal excellence as the major deterrence to drug abuse.

X. SUMMARY

- A. This training lesson
 - 1. Defined drug abuse and the tobacco cessation program.

FACILITATOR NOTE:

Drug abuse and tobacco use reduction is a great area to demonstrate values.

Dealing with addictions is never easy. It takes an extra effort to 'stand up and be counted.'

It takes a committed professional or friend to perform an honorable and courageous act to help a shipmate deal with drugs.

SHOW SLIDE 5-1-17 SUMMARY

(and

- 2. Identified facts, problems and the negative aspects of drug abuse as well as the use of methods to quit using) of tobacco.
- 3. Outlined the Navy's policy on drug abuse and the tobacco cessation program.
- 4. Emphasized a theme of leadership responsibility and personal accountability regarding these programs.
 - 5. Focused reminder of key role that Core Values play in the fight against drug abuse.

FACILITATOR NOTE:

The 'take away' from this lesson is drug abuse is wrong, and there is assistance available.

The Navy has a clear policy of 'zero tolerance' regarding drugs.

We each have responsibilities, leaders must step up and individuals must be held accountable.